INTERNATIONAL UAV SHOW
DECEMBER 6-7 TORONTO
Canada's Largest Gathering of Drone Professionals and Enthusiasts
WWW.UAVSHOW.CA

Toronto metro

Your essential daily news | TUESDAY, OCTOBER 18, 2016 High 27°C/Low 10°C Chance of showers

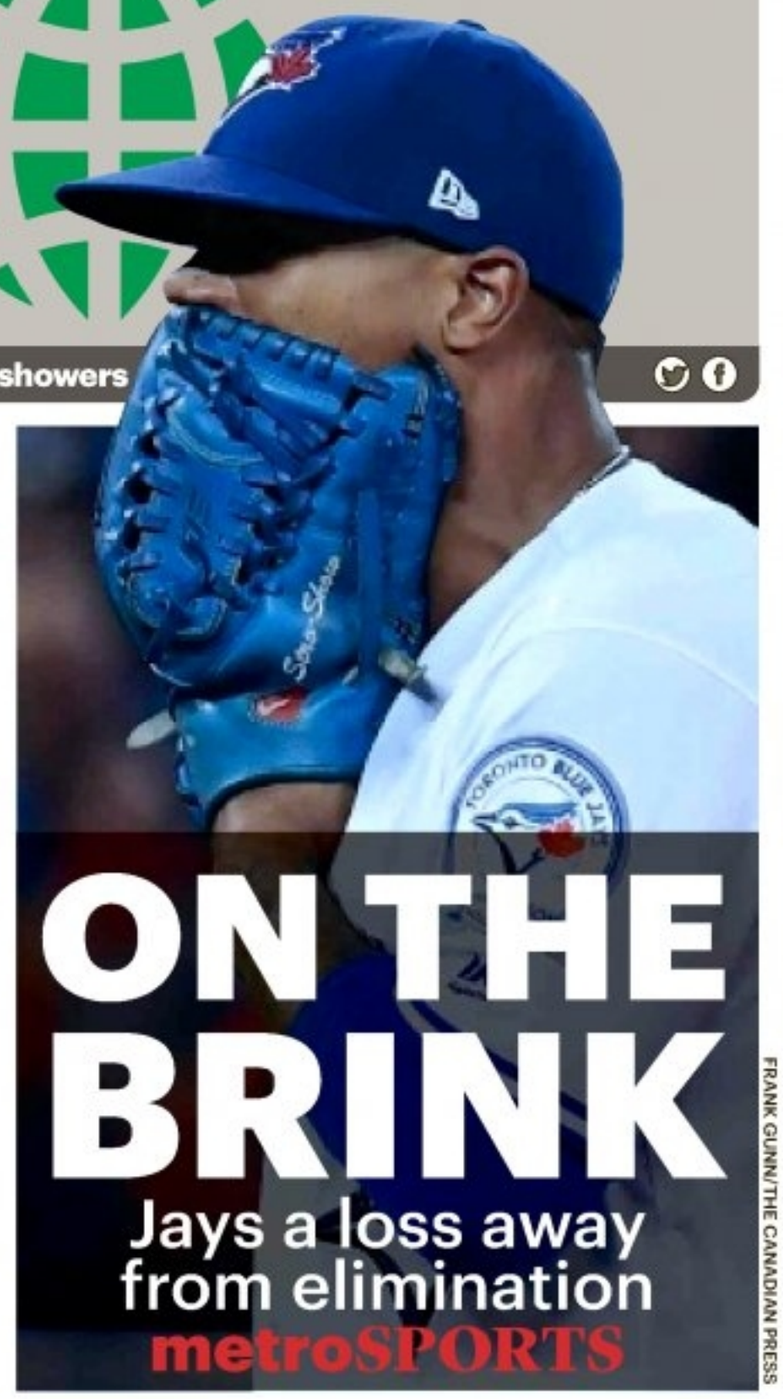
Ending Racism in Sport: A Metro Special Focus

IT'S TIME TO MAKE A CHANGE

Patience runs out for native names

TEAM REJECTS TORY'S 'VERY GOOD IDEA' TO RENAME THE EDMONTON ESKIMOS

OPINION: CLEVELAND INDIANS RULING A WIN FOR FREE SPEECH, LOSS FOR BASIC DECENCY



ON THE BRINK

Jays a loss away from elimination metroSPORTS

FRANK GUNN/THE CANADIAN PRESS

MAYOR PLEDGES HOUSING HELP FOR YOUNG PEOPLE:

'I don't want to look a whole generation in the eye and say you don't have the option to live in Toronto' metroNEWS

CELPIP GENERAL

IMMIGRATING TO CANADA?

PROVE YOUR ENGLISH WITH CELPIP,* CANADA'S LEADING ENGLISH LANGUAGE TEST.

*Officially recognized by Immigration, Refugees and Citizenship Canada (IRCC) as proof of English language proficiency for permanent resident status.

Take 20% off the CELPIP-General Test at any test centre in Toronto!

Offer ends November 15th, 2016.

Visit CELPIP.CA to register online.

A NEW DELIVERY FROM THE TORONTO STAR

HEADLINE
COFFEE

Brew something new

Headline Coffee brings subscribers a new premium Fairtrade certified coffee every month.

Our seasoned coffee experts take you on a guided tour of the world's best coffee, one freshly-roasted shipment at a time.

Subscribe at **headlinecoffee.ca**

Get your first month for just $10 when you use promo code **METRO50** at checkout.

MAKE SURE IT'S FAIRTRADE

OUR NEXT SHIPMENT

PERUVIAN PANGOA

MEDIUM ROAST - ALMONDS - COCOA

Order by November 1 at **headlinecoffee.ca** to receive this coffee.

Grown on serene slopes nearly 2,000 metres above sea level, Pangoa beans are often picked by farmers as they look down on the clouds drifting past. That altitude brings out the perfect ripeness in every bean for an undeniably delicious coffee with hints of fruit, almonds and cocoa.

This certified organic coffee is grown by an independent collective of family farmers, one of many that have made Peru a leader in organic coffee. They exported almost 200 million kilograms last year, all grown sustainably and with no chemical pesticides. Our coffee farmers hull and sun-dry the beans right on the mountains where they farm. Next stop, our family-owned coffee roaster in Toronto, who packages and ships it right to you.

metro NEWS

Your essential daily news

Federal housing agency raises red flag about the state of the real-estate sector. **Business**

Ending Racism in Sport: A Metro Special Focus

The Cleveland controversy

Use your free speech well

OPINION

Courts should not curtail crass team brands — but you should

Ed Keenan

When an Ontario Superior Court justice dismissed on Monday an application brought by residential-school survivor and architect Douglas Cardinal for an injunction forbidding the Cleveland baseball team from using its nickname and logo, and the Rogers Centre and local broadcasters from using them too, it represented a victory for free speech.

But when the Cleveland baseball team took the field in Toronto less than three hours later with the cartoonish "Chief Wahoo" logo emblazoned on their hats and arms, and the name "Indians" emblazoned across their chests, it represented an ongoing loss for common decency.

That is, like in the case of so many decisions rightly protecting speech from censorship, it hardly puts one in the mood to celebrate, since they often feature speech that is depressingly offensive.

The judge's reasoning will come later. Still, it appears it was the right ruling. Courts should not be interfering in the speech and imagery used by people except in the most extreme of circumstances.

The use of the Cleveland Indians name and imagery is very different from that of the 'Canucks,' Ed Keenan argues. GETTY IMAGES

What should be interfering with Cleveland's use of that word and image is a sense of common decency. I avoid using the name of Cleveland's team — and Washington's football team, and so on — because I have heard from indigenous people that the use of "Redskins" and similar names in this context is hurtful to them. Isn't that enough?

I've heard the argument that these names are meant to honour indigenous communities. Perhaps some people believe them to do so. But if enough of the people you intend to honour tell you that they feel ridiculed by your tribute, and you continue on as if you have not heard them, then you are doing it wrong.

The defence came up that the NHL features controversy-free teams named "Canucks" and "Canadiens." But those teams represent and are owned by, cheered on by and largely staffed by Canadians.

Of course, there are many indigenous people — I've seen the surveys — who claim they are not offended. Their feelings and thoughts on the matter are certainly more relevant than mine. But there is clearly also a substantial number of indigenous people who are offended, who say that they feel mocked and oppressed.

But it's just a tradition, some insist! Which is no argument at all. Slavery was once a tradition in North America. Forbidding women to work outside the home was a tradition. Sexual harassment is a tradition.

It also seems reasonable to me that we ought to be using our own free speech to advocate for decency and respect. Each of us can demand organizations and corporations should do the same, and we can direct our dollars and attention to rewarding or punishing them based on their decisions.

Or people and organizations can decide that they do not wish to avoid giving offence, and then we know that the insult is not unintentional.

Ed Keenan is a columnist for The Toronto Star.

TIMELINE of the furor in Toronto

The American League Championship Series between the Jays and the Indians has re-ignited the controversy over Cleveland's team name

RYAN TUMILTY METRO

Tuesday, Oct. 11

Long-time Jays announcer Jerry Howarth reminds everyone he hasn't used Cleveland's team name in more than two decades.

Thursday, Oct. 13

Premier Kathleen Wynne commends broadcasters who aren't using the name and says the team needs to realize how hurtful the images and characters can be for indigenous groups.

Friday, Oct. 14

Two Ontario First Nation chiefs speak out about the Cleveland name and logo, calling it "cartoonish."

Sunday, Oct. 16

Activist Douglas Cardinal announces plans to file a legal challenge with the Ontario Superior Court preventing the team from using the name or its logo when they play in Toronto.

Monday, Oct. 17.

The court hears Cardinal's application but rejects it.

GET OUT OF DEBT
WITHOUT BANKRUPTCY
WITHOUT LOANS
FREE CALL 310-9200
WWW.DAVIDSKLAR.COM

DAVID SKLAR & ASSOCIATES INC.
Proposal Administrators • Financial Counsellors • Licensed Insolvency Trustee
DAVID SKLAR, CPA, CIRP, LIT

Ending Racism in Sport: A Metro Special Focus

Canadian counterpart

'Times have changed'; Eskimos won't

EDMONTON

Mayor Tory's suggestion to team falls on deaf ears

Alex Boyd
Metro | Edmonton

Mayor John Tory, who formerly served as commissioner of the CFL, told reporters Monday that changing the Edmonton Eskimos moniker "would be a very good step forward to make in a province where there are a number of issues that concern First Nations and indigenous people."

The Edmonton Eskimos disagree. The team's president Len Rhodes later announced there are "no plans" to do so.

"Times have changed, there's no doubt," he said, "but it's over six decades that we've used the name."

The rising uproar in Toronto over the Cleveland Indians' name and logo moved west after critics pointed out many Inuit find the "Eskimos" name offensive.

The team's president points out they don't use caricatures like the Cleveland Indians. THE CANADIAN PRESS FILE

But Rhodes argues it's not the same.

"We associate it with a group of people that talk about perseverance, determination and courage.... It really represents all the people from the North in such a positive way," he said. "We don't think those are comparable whatsoever. We don't use logos, we don't use caricatures."

After Natan Obed, president of the national Inuit Tapiriit Kanatami, wrote an op-ed last year condemning the name, Rhodes said the two had a "fabulous, cordial conversation."

Though the team listens to all opinions, he said, there's no consensus within the Inuit community on the name. He also said that before his meeting with Obed in January, he'd never had anyone from the Inuit community express concerns.

> **It really represents all the people from the North in such a positive way.**
> Len Rhodes

Norma Dunning, a spokesperson for the Inuit Edmontonmiut, a group that represents the city's Inuit population, argues the team's name is offensive.

She added the team has never reached out to the group.

"It's not solely up to us, as indigenous Canadians, to figure out how to make reconciliation work," she said. "Many indigenous scholars have said we've gone to you over and over; now is the time for you to come to us."

She said the conversation is needed now. "It's time."

Mayor Don Iveson said Monday the team-name question is "an important one to grapple with and ultimately it's one for the team to make."

WITH FILES FROM MAY WARREN/METRO

Think you can spot investment fraud?
It's never this easy.

Always check the registration of any person or business trying to sell you an investment or give you investment advice.

Take steps to better protect yourself by checking registration before you invest and knowing the common warning signs of investment fraud.

CheckBeforeYouInvest.ca

OSC ONTARIO SECURITIES COMMISSION

Stock photo. Posed by model. © Ontario Securities Commission

Running ahead of the pack

When 25,000 runners hit the streets for the Scotiabank Toronto Waterfront Marathon Sunday, some wanted to finish in a certain time, others wanted to finish at all, and at least one wanted to finish while dressed up as a chef carrying a three-kilogram pot. Guinness World Records was on hand for the big race, documenting 11 runners' attempts at setting new marathon records or breaking old ones. Six were fleet of foot enough to succeed. **GILBERT NGABO** METRO

1 Fastest marathon pushing a pram

Calum Neff became the new record holder, taking 2:31:22 to complete the full marathon while pushing his four-year-old daughter, Alessandra. The Texas native already holds the same record in the half marathon.

2 Fastest marathon dressed as a chef

Daniel Janetos, founder of the Toronto Mac and Cheese Festival, took his cooking passion — and attire — to the streets and completed the marathon in 3:56:21. The previous record was over four hours, set earlier this year by Phil Olson of England.

ALL PHOTOS GILBERT NGABO/METRO

6 Fastest half marathon as a chef

Jasper Moester didn't just run the half marathon dressed as a chef. He was also carrying a 3-kilogram pot, and completed the feat in 2:23:43.

5 Fastest half marathon in motocross gear

Another inaugural record set by Toronto's Bridget Burns, who took 2:14:34 to complete the half. Last year she set the record for running the half marathon in a motocross outfit.

3 Fastest half marathon while dressed in a suit

In her first attempt at a record title, Jennifer Wilson chose to rock a suit and tie and completed the half marathon in 1:42:42.

4 Fastest marathon dressed as a swimmer

Robert Winckler from Guelph set the half marathon record while donning a swimming outfit, completing the run in 1:47:50.

IN BRIEF

Postmedia employee charged for tossing beer at Jays game leaves company

A Postmedia employee charged with one count of mischief after allegedly tossing a beer can onto the field during a Toronto Blue Jays game on Oct. 4 has left the media company.

Ken Pagan was an employee at Postmedia Network Inc. in Hamilton. An online profile listed him as a sports copy editor. Postmedia spokesperson Georgia Sourtzis confirmed on Monday that Pagan had left the company.

TORSTAR NEWS SERVICE

Matchmaker pairs people with free trees

You could think of it as "seed dating," although organizers of a tree matchmaking program hope that this will be the beginning of a long and beautiful relationship.

Tree For Me hooks up Toronto residents with the right kind of tree for their property. All you have to do is submit your address, answer a few questions about your property and its soil type, and you get matched with a free tree and the knowledge you need to ensure it survives.

The hands-on program aims to empower citizens to take "greening" Toronto into their own hands and to make private property owners a part of growing the city's tree canopy.

TORSTAR NEWS SERVICE

A long commute or a bug motel

CITY HALL

Mayor says 'crisis' limits where young people can live

May Warren
Metro | Toronto

The city of Toronto is failing young people when it comes to making housing affordable, Mayor John Tory said Monday, calling it a "crisis" that will have an impact on every aspect of city life if left unchecked.

The comments came at a roundtable discussion, where young professionals shared their hopes, dreams and horror stories about housing.

I-Yana Tucker, 34, told Tory that rent in Toronto is so expensive it's "impossible" to live on her own as a single woman.

Sarah Robinson said most of the apartments she and her boyfriend can afford have been listed on the local bed bug registry or are a "two-hour commute" from downtown.

Tory acknowledged the problem of affordable housing goes beyond a growing backlog at Toronto Community Housing, and includes young professionals like Tucker and Robinson, who are earning decent salaries but finding themselves priced out of the 416 — or even the 905.

> **We want those best and brightest of the young people to stay here, because we need them here.**
> Mayor John Tory

"I certainly don't want to be any part of a discussion that involves looking a whole generation of young people in the eye, and saying to them, 'you just don't have the option to live in Toronto, it's not going to be possible for you,'" he said.

Tory said the city has put forward $100 million worth of land, promising faster approvals and reduced fees in return for developers willing to build more affordable housing.

He also called for a national housing strategy, and support from the federal and provincial governments to help solve Toronto's housing "crisis."

Cherise Burda, director of Ryerson University's City Building Institute, said more of these kinds of initiatives that incentivize developers to build cheaper housing downtown, are needed.

The city also needs to change regulations that make it expensive to build in urban areas, such as getting rid of minimum parking requirements in downtown developments.

"This comes down to changing those rules and regulations that make it very expensive to build in urban areas and cheaper to build in the suburban fringes," she said.

Mayor John Tory, at a roundtable discussion on affordable housing, said companies won't want to locate in Toronto if there's nowhere for their employees to live. EDUARDO LIMA/METRO

It's never been easier to get on board.

Flexible TD® Aeroplan® *Visa Infinite** Card benefits let you travel on your terms.
With Aeroplan: Get any seat. Fly for less.[1] And be there to enjoy life's richest rewards.
Apply by December 2, 2016 and get up to 30,000[2] Aeroplan Miles. Conditions apply.

Visit tdaeroplan.com/yyz or call 1-888-714-4459 to learn more

TD Banking can be this comfortable.

[1] Based on a comparison of 2015 Aeroplan Flight Reward bookings against actual market base fares and leading financial institutions' travel rewards programs' terms and conditions. [2] Welcome Bonus of 15,000 Aeroplan Miles ("Welcome Bonus Miles") will be awarded to the Aeroplan Member account associated with the TD Aeroplan *Visa Infinite* Card Account ("Account") only after the first Purchase is made on the Account. To receive the additional 10,000 Aeroplan Miles, you must also: (a) apply for an Account between September 3, 2016, and December 2, 2016; and (b) make $1,000 in Purchases on your Account, including your first Purchase, within 90 days of Account approval. To receive the additional 5,000 Aeroplan Miles you must also (a) Add an Authorized User between September 3, 2016, and December 2, 2016; (b) Authorized User must call and activate their Card by January 16, 2017, and (c) your Account must be in good standing at the time this 5,000 Bonus Aeroplan Miles is awarded. You can have a maximum of three (3) Authorized Users on your Account but you will only receive 1 (one) 5,000 Bonus Aeroplan Miles offer. Annual Fee for each Authorized User Card added to the Account will apply. The Primary Cardholder is responsible for all charges to the Account, including those made by any Authorized User. If you have opened an Account in the last 6 months, you will not be eligible for these offers. We reserve the right to limit the number of Accounts opened by and the number of miles awarded to any one person. Please allow 8 weeks after the conditions for each offer are fulfilled for the miles to be credited to your Aeroplan Member account. Offers may be changed, withdrawn or extended at any time and cannot be combined with any other offer unless otherwise specified. These miles are not eligible for Aeroplan status. All trade-marks are property of their respective owners. ® The Air Canada maple leaf logo and Air Canada are registered trade-marks of Air Canada, used under license. ® The Aeroplan logo and Aeroplan are registered trade-marks of Aimia Canada Inc. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

METRO ASKS

How do skyrocketing home prices affect you?

They're at the top of their game career-wise, but they face an uphill battle when it comes to finding a decent place to live in Toronto. We asked five young professionals, who attended an affordable housing roundtable with Mayor John Tory, how skyrocketing prices, to both rent and own, impact their lives.

MAY WARREN METRO

ALL PHOTOS: EDUARDO LIMA/METRO

Robinson shares a 400-square foot bachelor apartment with her boyfriend. The couple is looking for a place 'where one of us has a door to close.' Faced with the cost of living, she doesn't know if kids are an option now.

Sarah Robinson, 26

Blache lives with his wife and two young children in a rental home. They'll 'probably outgrow' it within a couple of years. While home ownership is important, it will be tough to find something large enough in the city.

Vince Blache, 40

Tucker loves living in Toronto, and she's finally landed a full-time position. She's 'ready to start her adult life,' but feels 'stunted,' by the market. She lives with two roommates and finds even renting on her own out of reach.

I-Yana Tucker, 34

A few years ago Lang-Moran broke up with her boyfriend. She left not only him, but also their house, and moved into a place with eight roommates. She wonders how anyone can afford kids on a single salary in the city.

Colby Lang-Moran, 32

Levitz just moved into a 110-year-old house with his wife and baby after a 10-month search, bidding wars and foregoing home inspection to get offers in. 'There aren't a lot of markets in North America that act like Toronto'

Aron Levitz, 38

1ST ANNIVERSARY SPECIAL

ENTER TO WIN A MIRAGE
FROM RICHMOND HILL MITSUBISHI
www.richmondhillmitsubishi.ca

FINANCE UP TO** 0% FOR 84 MONTHS‡

LEASE UP TO** 0% FOR 48 MONTHS‡

10 YEAR 160,000 KM POWERTRAIN LTD WARRANTY

WE'RE CELEBRATING BY GIVING AWAY A BRAND NEW MIRAGE TO ONE OF OUR FANS!
NO PURCHASE NECESSARY
Visit www.richmondhillmitsubishi.ca print a ballot & bring it into the store.*

ON SALE NOW

NO-CHARGE WINTER TIRE PACKAGE

UP TO $1,400 EXTRA VALUE† WITH THE PURCHASE OF SELECT NEW VEHICLES

INCLUDES:
/ TIRES / TPMS / BALANCING
/ WHEELS / MOUNTING / INSTALLATION

MITSUBISHI MOTORS

YOKOHAMA

MITSUBISHI MOTORS RICHMOND HILL MITSUBISHI
www.richmondhillmitsubishi.ca

11262 Yonge St, Richmond Hill, ON L4S 1K9
Sales: (905) 770-0005 • Service: (905) 770-0005
Find Us

*ENTRY QUALIFICATIONS SEE DEALER FOR DETAILS.
**ON SELECT MODELS

BUILT BETTER. BACKED BETTER.™

We are looking for FEMALES for an upcoming study

If you are a female, 18-50 years of age, non - smoking and free of daily medications, you may be eligible.

Lambda Therapeutic Research Inc.
Participants are compensated for their time.
Compensation is up to $5,800
for completing the entire study
(disbursed throughout the study)

REFER A FRIEND AND YOU MAY RECEIVE $100

LAMBDA
Lambda Therapeutic Research

Study #0443-16
1 period with several return visits

	Check-in	Check-out
Group 1	October 21st, 2016	October 24th, 2016
Group 2	November 5th, 2016	November 8th, 2016
Group 3	November 18th, 2016	November 21st, 2016

FOR MORE INFORMATION
416-752-3333 Toll Free: 1-866-207-3333
Mon-Fri: 8am-6pm Saturday: 10am – 4pm
www.lambdacanada-cro.com www.todaysresearch.com
Location: 460 Comstock Road, Toronto, M1L 4S4
follow us on

Apologies to mother

HUMAN RIGHTS

Establishments to 'think twice' about public breastfeeding

Alexandra Shimo with her son, Jacob. TORSTAR NEWS SERVICE

A Toronto country club has apologized to Alexandra Shimo, a woman who says she was escorted into its basement when breastfeeding her baby in a hallway there.

Shimo was attending a charity gala at the Lambton Golf and Country Club last Saturday night.

Shimo says her two-and-a-half month old baby, Jacob, got hungry during dinner so she went into a hallway corner to feed him.

Then, she recalls, someone approached her with a cloth to shield her from view, citing complaints from people who did not want to see her breastfeeding while eating.

Shimo says she was then led by a staff member to the basement to continue feeding Jacob.

Shimo says she felt the way she was treated was an attempt to accommodate people who are intolerant of something natural.

On Monday, the president of the Lambton's board of governors, Bob Beaumont, and chief operating officer, John Demko, made a public apology to Shimo.

Shimo said she's happy the public apology came out. "Lots of establishments who might think of asking a woman to move might now think twice," she said.

The Ontario Human Rights Commission says that women have the right to breastfeed in public, and not be asked to move to a more discreet location.

TORSTAR NEWS SERVICE

Holia Mustafa, Nana Sahloul and Majeda el Mafaalani prepare a Syrian meal at The Depanneur in July. TORSTAR NEWS SERVICE FILE

SETTLEMENT

Newcomer kitchen initiative hungry for more funding

Gilbert Ngabo
Metro | Toronto

Faced with a budget and time crunch, The Depanneur, a newcomer kitchen initiative that has given dozens of local Syrian families a chance to connect with the city — and each other — through cooking, could soon close shop.

The initiative, founded by Len Senater earlier this year, quickly turned into a small business, with Syrian food items being sold and the women earning an income. But as the operation expanded, Senater found himself facing extra costs and lacking the technical support to keep things going.

Senater said the project has survived on his own pocket, plus over $25,000 he raised earlier through crowdfunding. "We now have a runway of about two to three more months until all our money runs out," he said.

The alternative would be to take the money "out of these ladies' pockets" and use it to finance the project, something Senater said isn't going to happen.

IMMIGRATION

Stranded no more

The ordeal is finally over for a Toronto woman who's been entangled in an immigration saga that left her stranded in Moscow for nearly three months.

Gyulzar Julia Yakobi was granted a permanent resident travel document last week and will be coming back to Toronto soon. The schoolteacher had travelled to Russia for medical treatment in the summer, but the Canadian embassy refused to issue her a return visa, saying she had violated permanent resident obligations.

Canadian law requires every permanent resident to be physically in the country at least two out of five years to retain the status. Yakobi's card expired before her trip and, as she was preparing to return to renew it, embassy staff told her she'd only lived in Canada for 65 days in the last five years.

GILBERT NGABO/METRO

Gyulzar Julia Yakobi, right, with family. CONTRIBUTED

TOYOTA
THE 2017s ARE HERE!
GET GREAT DEALS ON OUR AMAZING LINEUP
2017 RAV4 LE FWD ALL-IN LEASE
$80† WEEKLY PLUS HST AT 3.99%** APR for 60 months with $0 down payment. Includes freight and fees. HST extra.
TOYOTA 2016 CLEAROUT EVENT
aeroplan NOW YOU CAN EARN AEROPLAN MILES WITH THE PURCHASE OF A NEW 2016 TOYOTA*
STEP RIGHT UP! and join us for a CARNIVAL
FEATURING THE LAUNCH OF THE ALL-NEW 2017 TOYOTA COROLLA IM
THURSDAY, OCT. 20TH 6 PM TO 9 PM
FOOD, GAMES, PRIZES AND MUCH, MUCH MORE!
PROUDLY SERVING OUR COMMUNITY SINCE 1982
DOWNTOWN TOYOTA
677 Queen St. East Toronto, Ontario
downtowntoyota.ca 416 465 5471
Limited time offers available from Toyota Financial Services on approved credit. †3.99% lease APR for 60 months on a new 2017 RAV4 FWD LE (Model ZFREVTB) with an all-in price of $29,294 equals a weekly $80 for 260 payments OAC with a $0 down payment or trade equivalent. First weekly payment due at lease inception. Total lease obligation is $20,866. All-in lease includes freight and fees (PDE, EHF, OMVIC fee and air condition tax, where applicable). HST, licensing, registration and insurance are extra. Based on a maximum of 100,000KM. Additional KM charge of $0.10 for excess kilometres, if applicable. *Aeroplan offers valid from October 1, 2016 to October 31, 2016. Terms and conditions apply. **Consult Downtown Toyota for complete details. Downtown Toyota reserves the right to amend or cancel any offer without prior notice.

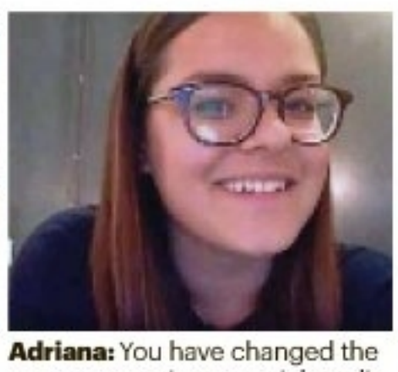
WE NEED MALES & FEMALES
Are you a healthy, non-smoking,
MALE OR FEMALE 18 AND OVER?
• Free of daily medications?
If so, you may be eligible for our upcoming clinical research studies:
• We conduct weekdays as well as weekend studies.
• Compensation may range from $1,000 to $4,000 depending on the length of the study.
BioPharma SERVICES INC. Research. Results. Reliability.
CALL: 416-747-5246
Toll Free: 1-866-747-5246
Mon-Fri: 8am-6pm, Sat-Sun: 10am-6pm
4000 Weston Road, Toronto | www.biopharmaservices.com

Devina: You have so much to offer from coast to coast. You're a beautiful country.

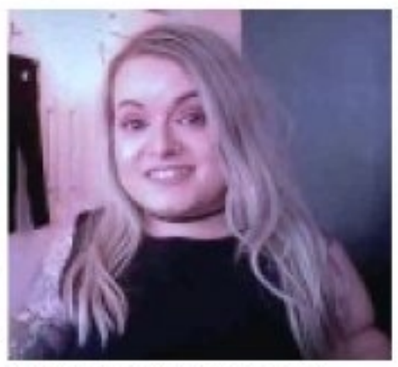
Margaret: You know, America. I think you're already great.

Zoe (left): We're big fans.
Ali (right): We like you guys.

Nick: Contrary to your reputation, America, you are some of the nicest people in the world. Maybe nicer than us Canadians.



Adriana: You have changed the way we experience social media. You have created an entire social network and social experience for all of us.



Belle: The attitudes and the accessibility around disability in your country is better than almost anywhere I've ever been.

Peter: What I like about the United States is the fact that you're such a giving nation. Over $250 billion a year is donated to charity and over 70 per cent of that comes from individuals.

Clay: America is a country has continuously changed, continuously evolved. It's never stayed still .

Love notes to the U.S.A.

ELECTION

Canadians gush about southern neighbours in new campaign

And now for something completely Canadian.

A Toronto-based creative agency called the Garden Collective has started up an online campaign to boost American self-esteem in the midst of a vicious presidential campaign.

The campaign, called #TellAmericaItsGreat, has been trending on Twitter since it was launched on Thursday with more than 100,000 shares. An accompanying video had more than 180,000 views on YouTube.

"Certainly the buzz is there," the Garden's co-founder Shari Walczak said in a telephone interview. "The momentum is building."

The title is a play on Republican presidential candidate Donald Trump's campaign slogan, "Make America great again."

According to the Garden's blog, the digital pep talk is meant as a balm to the "pretty scary realities" and "tremendous amount of negativity" exposed by the campaign, which continues for another three weeks.

"We wanted to do something positive," Walczak said.

The campaign notes that America has contributed to the world in music, movies, sports, science, technology, space travel, medicine, food, culture, shopping and social media.

The earnestness of the campaign is as Canadian as maple syrup.

"You guys are going to get someone to Mars," one fans remarks.

Yet another fan tweeted: "America, you gave the world cherry Coke & the internet & the Golden Girls. Don't let anyone tell you you're not great."

The campaign has garnered plenty of retweets and positive feedback.

TORSTAR NEWS SERVICE

Panel aims to explore youth employment

Canada could soon find itself facing unexpected economic and social fallout without a clearer picture of where and how young people are failing in the labour market, says the chairwoman of a new federal panel on youth unemployment.

A better understanding of why some young people can't get their foot in the door will be key to understanding whether Canadians will be able to afford a house in the future, or even afford their rent in six months' time, Vass Bednar said in an interview.

It could also offer a better idea of whether some are holding off on starting a family for fear of the cost of child care, said Bednar, associate director of the cities research program at the University of Toronto's Martin Prosperity Institute.

Bednar said there are no clear answers to helping more young people find jobs - there are different issues facing urban and rural youth, as well as unique barriers for indigenous youth. All this makes the panel's work that much more challenging.

THE CANADIAN PRESS

"Schulich's MBA specialization in Real Estate and Infrastructure gave me the industry insights and real-world skills needed to succeed."

Nicole Vicano (MBA '11), Development Manager, Ivanhoé Cambridge

Learn about Canada's preeminent MBA and IMBA programs at our next Information Session

Thursday, October 20th, 6:00 – 7:00 pm

Schulich School of Business, Seymour Schulich Building
York University, 4700 Keele Street, Toronto

Register at: schulich.yorku.ca/metro

Schulich School of Business | 50
BUSINESS EDUCATION TRANSFORMED

Canada's Top-Ranked Business School
Schulich MBA: #1 IN CANADA (The Economist, Forbes, CNN Expansión, América Economía, eFinancialCareers.com) #1 IN THE WORLD (Corporate Knights)
Kellogg-Schulich Executive MBA: #1 IN CANADA (Financial Times, The Economist)
Global Reach. Innovative Programs. Diverse Perspectives.

Schulich School of Business | YORK UNIVERSITY

A complex strategy for Mosul

IRAQ

Officials worry the battle for second-largest city is rushed

Iraqi forces have launched their most complex anti-Daesh operation to date: retaking the country's second-largest city of Mosul.

While the country's military has won a string of territorial victories that have pushed Daesh out of more than half the territory the group once held, some Iraqi officials worry that the Mosul fight has been rushed and if the city is retaken without a plan to broker a peace, it could lead to more violence.

Iraqi forces deploy 45 kilometres south of Mosul on Monday as they advance toward the city to retake it from Daesh extremists. AFP/GETTY IMAGES

HOW WE GOT HERE

Mosul fell to Daesh in June 2014, when the extremist group blitzed across northern and western Iraq, overrunning nearly a third of the country.

Over the last year, Iraqi forces have steadily pushed Daesh out of most of the western Anbar province, including the cities of Ramadi and Fallujah, and cut many of its supply routes to Syria. But Iraqi forces have never attempted to retake a city the size of Mosul.

TROOP BUILDUP

Iraqi forces began moving into Nineveh province to surround Mosul in July, when ground troops led by the country's elite special forces retook Qayara air base south of the city. Thousands of Iraqi troops are now massing there ahead of the planned operation. Iraqi troops also deployed east of Mosul in the Khazer area, along with Kurdish peshmerga forces, and to the north of the city near the Mosul Dam and Bashiqa areas.

THE PLAYERS

In addition to the Iraqi army, Kurdish peshmerga forces, Iraqi special forces and Sunni tribal fighters, Shiite militias are also expected to play a role in the Mosul operation. The role of the Shiite militias has been particularly sensitive, as Nineveh is a majority Sunni province and the militias have been accused of carrying out abuses against civilians in other operations in majority Sunni parts of Iraq.

A very small number of Turkish troops deployed for over a year in Iraqi territory at a base north of Mosul have caused a recent spike in tensions between Iraq and Turkey. Iraq has repeatedly called for the Turkish forces to withdraw, claiming they entered the country without the permission of the central government.

THE OPERATION

The fight to retake Mosul was largely launched from the north and east. The Kurdish peshmerga forces say they will push Daesh out of a cluster of mostly Christian and Yazidi villages northeast of Mosul along the Nineveh plain, while Iraqi military troops try to cut the main supply line northwest of Mosul that links Daesh territory in Iraq to its strongholds in Syria. A large number of Iraqi military forces are also expected to push up from Qayara air base.

Once villages around Mosul have been cleared of Daesh, Iraq's special forces are expected to lead the push into the city of Mosul itself.

WHAT TO EXPECT

Mosul is Iraq's second-largest city and still home to more than a million civilians. Both in terms of geography and population, it's a much larger task than Iraq's military has ever undertaken previously in the fight against Daesh. It's unclear how many Daesh fighters remain in Mosul, but even a few hundred could wreak havoc. Iraqi forces advancing on Monday found roads and fields littered with roadside bombs, and Daesh unleashed a series of suicide car and truck attacks on the advancing troops, a tactic it has used effectively in past battles. THE ASSOCIATED PRESS

IN BRIEF

Hitler's birth house to be torn down

The house where Adolf Hitler was born will be torn down and replaced with a new building that has no association with the Nazi dictator, Austria's government announced Monday as it moved to eliminate the property's pull as a place of pilgrimage for neo-Nazis.

The plan still has to be formalized in legislation and voted on in Parliament. But the Interior Ministry said demolition was recommended by a government-appointed commission. The Interior Ministry plans to finalize a draft law making the house state property before putting it to a vote in Parliament by the end of the year. THE ASSOCIATED PRESS

Adolf Hitler's birth house in Braunau am Inn, Austria. THE ASSOCIATED PRESS

Police start human trafficking probe after dad lists infant on eBay

German police say a 28-year-old man has admitted listing his infant daughter for sale on eBay but maintains that it was meant as a joke.

The 40-day-old girl was listed on the site last week at a price of 5,000 euros ($5,500). Police in the western city of Duisburg raided the parents' apartment and put the girl into care. They opened an investigation on suspicion of human trafficking. THE ASSOCIATED PRESS

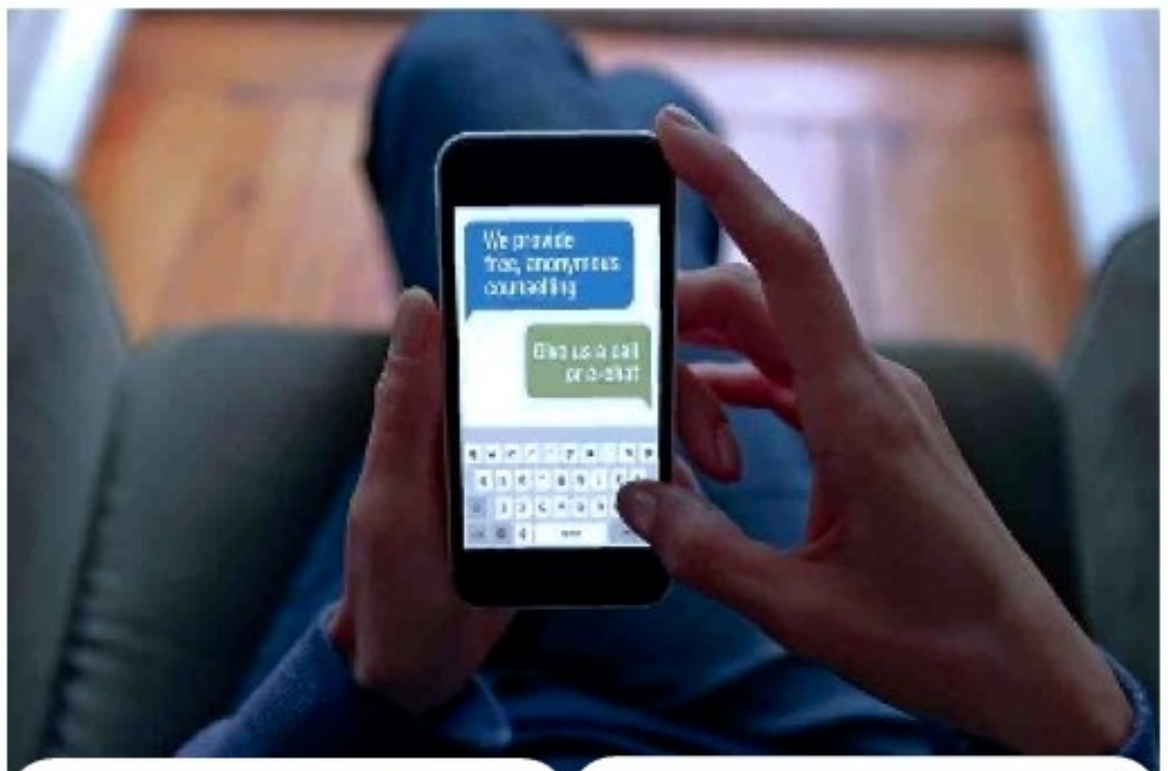
ALEPPO, SYRIA

Another ceasefire as dozens killed

Russian and Syrian forces will halt hostilities for eight hours in the eastern districts of Aleppo, Russia's military announced on Monday, a day on which opposition activists said their airstrikes killed at least 36 people, including several children, in and around the divided city.

The two militaries will observe a "humanitarian pause" between 8 a.m. and 4 p.m. on Oct. 20 to allow civilians and militants safe passage out of the city, Lt. Gen. Sergei Rudskoi of Russia's general staff said in Moscow. Militants, the wounded and sick would be allowed to evacuate to the neighbouring rebel-held province of Idlib.

UN humanitarian officials have pleaded with combatants to observe weekly 48-hour ceasefires to allow humanitarian relief into the city's besieged eastern districts, but Russian and Syrian forces have only escalated their assault. THE ASSOCIATED PRESS



AIDS & Sexual Health InfoLine

416-392-2437 or 1-800-668-2437

French language service is available
Monday to Friday from 10 a.m. to 5 p.m.

toronto.ca/health | Toronto Public Health

LIFE INSURANCE
MORTGAGE INSURANCE

Do you have Mortgage Insurance or Line of Credit Insurance with a BANK?
COMPARE & SAVE UP TO 50% ... LOWEST RATES GUARANTEED!
Monthly Premium for a 10 year Term (Renewable & Convertible) Preferred Plus Non Smoker

Age	$100,000		$250,000		$500,000	
	Male	Female	Male	Female	Male	Female
30	$10	$ 8	$12	$10	$19	$15
40	$11	$9	$15	$13	$23	$19
45	$14	$10	$23	$16	$33	$23
50	$18	$14	$32	$23	$53	$37
65	$68	$45	$146	$96	$281	$183

Also available: Life Insurance without medicals!
Other Plans: Term 20, 25, 30, Term 100, Whole Life, Universal Life, Critical Illness and Disability Insurance, Health & Dental, Visitor's Plans, RRSP and RESP
Brokers representing Manulife, BMO, RBC, Canada Life, Industrial Alliance, Foresters, Canada Protection Plan, Empire Life, Desjardins ...
Pls. Call: Guilroy or Rahul (Henriques Financial Inc.)
Tel: 416-898-8889 / 905-282-0800 (24/7)
Email: henriquesfinancial@rogers.com Website: www.henriquesfinancial.com

Housing agency raises the red flag

REAL ESTATE

Affordability worries spill over from big city markets

The new mortgage rules involve a stress test for all insured mortgage applications to ensure the borrower can still service their loan in the event interest rates rise. TORSTAR NEWS SERVICE

The head of the federal housing agency is raising a red flag about the state of Canada's real estate sector, saying affordability concerns have spilled over from the country's two most expensive cities to nearby markets.

In an opinion piece, CMHC CEO Evan Siddall says the Canada Mortgage and Housing Corporation will raise its overall risk rating for the national housing market to "strong" from "moderate" for the first time when it issues its housing market assessment on Oct. 26.

"Affordability pressures hurt lower-income households the most and cause real socio-economic consequences," Siddall wrote. "CMHC has recently observed spillover effects from Vancouver and Toronto into nearby markets. These factors ... will cause us to issue our first 'red' warning for the Canadian housing market as a whole."

Siddall said high levels of debt combined with rising house prices are often followed by contractions in the economy.

Siddall's comments came the same day new mortgage rules introduced by Ottawa took effect.

THE CANADIAN PRESS

FOREIGN BUYERS

Frank Wu, part of a Chinese delegation of billionaires touring Canada this week, said Chinese investors have told him the 15 per cent tax on foreigners purchasing homes in Vancouver is discouraging them from buying.

WHISKY

Gretzky putting No. 99 on ice

After more than 10 years in the wine business with partner Andrew Peller Ltd., Wayne Gretzky launched his No. 99 Red Cask Whisky Monday at a private tasting in Maple Leaf Square's LCBO in Toronto.

As with anything the hockey legend does, he's aiming to make his new beverage a game-changer, not just another celebrity-branded booze.

The release is a hat trick of sorts for high-profile rye launches following recent offerings from rapper Drake and the Trailer Park Boys.

The Great One's new drink is priced at $34.95, midway between Liquormen's Ol' Dirty Canadian Whisky from the Trailer Park Boys at $29.95 and Drake's Virginia Black American Whiskey at $39.95.

For a different twist on the Canadian classic, the spirit is finished in his winery's red wine casks, which give the whisky a pale amber hue.

TORSTAR NEWS SERVICE

Wayne Gretzky sniffs a shot of his new No. 99 Canadian Whisky. TORSTAR NEWS SERVICE

market minute

DOLLAR
76.16¢ (+0.09¢)

TSX
14,596.52 (+11.53)

OIL
$49.94 US (–41¢)

GOLD
$1,256.60 US (+$1.10)

NATURAL GAS: $3.24 US (–4¢)
DOW JONES: 18,086.40 (–51.98)

TORONTO MOBILE VETERINARY SERVICES

Follow Dr. Tina on YouTube

Professional & friendly veterinary care all in the comfort of your own home!! We provide general, emergency and procedural services and much more!!
Open after-hours, weekends and holidays.

Call 647.389.4VET (4838) OR visit www.tomobilevet.com for an appointment TODAY!!

NEW natural ingredient produces 34% more hair in 8 months!

Hair Gro
Nourishes the hair and supports hair growth
Nourrit les cheveux et soutient la croissance capillaire
60 capsules

It is known that supplements can increase hair health and volume to some degree, but to find a supplement that can increase hair growth strongly is rare. Still, this is what scientist are finding when studying palm oil extracts.

A recent study was done at the University of Malaysia with 38 people suffering from hair loss (alopecia)*. They were told to take a palm oil extract containing a special ratio of "super-antioxidants" called tocotrienols, known to lower oxidation in the scalp and thus allow for better – and new - hair growth. The results were surprisingly good!

In Canada, this complex of tocotrienols is now available in the Health Canada licensed product called Hair Gro™ from New Nordic. Hair Gro is available now at participating pharmacies and health food stores. For more information or to purchase directly, please visit our website or call: 1-877-696-6734.

STUDY RESULT:

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained 34.5% more hair or an increase in average hair count from 285 to 383 hairs. Most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. And only one person did not have any results.

Hair Count in Study Group and Placebo Group

ONLINE SHOP newnordic.ca

SHOPPERS DRUG MART · Walmart · Loblaws · Superstore · Extra Foods · Zehrs Markets · GNC Live Well · amazon.ca

*Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy, Woei et Hay, University Sains Malaysia. To make sure this product is right for you, always read the label and follow the instructions.

metro VIEWS
Your essential daily news
Tuesday, October 18, 2016

EMMA TEITEL ON DRESSED-UP PETS

What, you may ask, happens at the 'largest dog costume parade in the world?' If you answered that dogs wear costumes, you'd only be half right.

On Saturday, scores of otherwise ordinary people will descend on Manhattan's Tompkins Square Park, with their dogs in tow, for the annual Tompkins Square Halloween Dog Parade.

The event, sponsored by Purina Beggin' (the makers of the popular canine treat "Purina Beggin' Strips Bacon"), is, according to CNN, the "largest dog costume parade" in the entire world. (And here I assumed it was the only one. Silly me.)

What, you may ask, happens at the "largest dog costume parade in the world?" If you answered that dogs wear costumes, you'd only be half right. In fact, dogs and dog owners dress up in costume at the T.S.H.D.P, usually together, as a theme.

The winners of last year's event, to illustrate, were a man and a woman who staged a chilling Day of the Dead tableau with their chihuahuas.

Mind you, if I had judged the parade, I would have given first prize to my favourite contestant: a bulldog in blond wig and pearls, i.e., Marilyn Monroe.

As for the be-wigged lapdog dressed up as Caitlyn Jenner in a sultry white number eerily similar to the frock the real-life Jenner donned on the cover of Vanity Fair, I have no words. This may be because the dog's owner, meanwhile, wore a "USA" tracksuit and imitation gold medal. (Presumably, he was channelling the ghost of the pre-Caitlyn Jenner, Bruce.)

All this is to say, with a universal eye roll, that people love their dogs (and possibly their pets in general) a lot. So much so, it turns out, that in exhibiting their love for their dogs, they tend to sacrifice their dignity in the process and as some of the scenarios above suggest, the dignity of their animals, too.

WHAT'S THIS SUPPOSED TO MEAN? Treating our pets as extensions of ourselves might not be a great idea.
TORSTAR NEWS SERVICE

Until recently, I would have considered this sacrifice of dignity to be all in good fun. Notwithstanding the questionable Caitlyn Jenner lapdog getup, the whole Tompkins Square Halloween Dog Parade would have registered as a perfect example of a dignity-defying, weirdly healthy good time. Even the matchy-matchiness of the whole dog-owner pairings would have given me a good laugh, not unlike the laugh so many people got when Fido the phone company ran their now world-famous ad campaign in the late 1990s featuring dogs and owners who happened to look exactly like each other.

But there's a difference between the Fido ad animal/human likenesses and the Halloween dog parade likenesses: the first were happy accidents; the latter are calculated constructs. The former were coincidental; the latter are intentional. And the culprits behind the intent are we, the human half of the pair, the animal-owners. I say "we" advisedly. I am about to realize a lifelong ambition and become a dog owner myself. And my impending ownerhood — a kind of parenthood — has me thinking that seeing our pets as extensions of ourselves may not be such a terrific idea after all.

The negative effects of this particular brand of anthropomorphism ("ascribing human qualities to animals") are already there if you look for them. In an article last month titled "Is Your Dog's Halloween Costume Sexist?" the Washington Post noted, tongue-in-cheek, that while retailers had finally started to abandon gender bias in Halloween costumes for young human girls, pet outlets like Petsmart or Baxterboo.com are still apparently gender-rigid in their Halloween togs, hyping certain costumes for male dogs (firefighter and police officer) and others for females (sweetheart nurse or French maid). That this was a ludicrous thing to be outraged by (something the right-wing site Breitbart pointed out, not getting the tongue-in-cheek part) was obvious, but it hid a kernel of truth: It's easy to overlook the indignity of dressing up your Scottish terrier as an extension of yourself for Halloween, but when we start extending our gender biases to pets, too, it starts feeling kind of creepy. Really, French maid dogs?

Other effects of human-to-dog extension are more substantially questionable. Just this past week, CBC news reported that between 40 and 50 per cent of all owned pets in Canada are overweight. The percentage of Canadian people over the age of 18 who are overweight? Between 40 and 50 per cent. Not only does Rover's face resemble ours these days, it seems; so does his spare tire.

And Australian cities have been experiencing a minor epidemic of abandoned pets in the recent past, at least partly the result of foreign students studying in Australia who neglect to take their dogs with them when they return home. These dogs aren't feral, just homeless, but to be homeless, you have to initially be given a home to lose. And who gives pets homes? Us.

So, I hereby make a pledge: I will do everything in my power not to make my dog homeless. And I will do everything I cannot to make him obese. But when it comes to Halloween, I make no promises. Tompkins Square Dog Parade, here I come.

When we start extending our gender biases to pets, too, it starts feeling kind of creepy. Really, French maid dogs?

Emma Teitel is a national columnist for the Toronto Star.

Rail deck park will put Tory's Rolodex to test

TORY'S TORONTO
Matt Elliott

One of the recurring themes of Toronto's 2014 mayoral election was that John Tory has a great big Rolodex, and he ain't afraid to use it.

Getting regular mentions at mayoral debates, the Rolodex was powerful imagery — at least for people who remember what a Rolodex even is. The idea was that Tory's multi-decade history of hobnobbing with swanky Bay Street types would lend the mayor's office some valuable connections.

I've been thinking a lot about Tory's Rolodex lately, as the mayor goes to bat for the rail deck park project. One of the most ambitious parkland proposals in the city's history, the project would build a 21-acre greenspace atop the railway corridor downtown.

As a dude who loves parks, I am enthusiastic about the idea.

But there's a snag. This park will cost a whole lot. More than a billion dollars, by preliminary estimates. In a city with so many pressing infrastructure needs and an ongoing policy that constrains revenue growth from property taxes, it is unclear where the hell Tory is going to find the money to fund this thing.

Here's where the Rolodex rolls in.

Tory has already suggested the private sector may help fund some of the rail deck park cost. I'd go further and suggest there shouldn't be any doubt about it. If this park is going to be built, Toronto's business community will have to step up in a big way.

It's not an outlandish idea. There's international precedent for corporate donors stepping in on a project like this. In Chicago and New York, private money contributed substantially to the building of Millennium Park and the High Line.

But similar success in Toronto has been hard to find. Almost a decade ago, attempts to find private partners for the city's Nathan Phillips Square revitalization fizzled out. Later, Mayor Rob Ford's braggadocious belief that the private sector would build subways went nowhere.

The city even struggled to hit private sector funding targets for the Pan Am Games last year.

Toronto did just recently snag a $25 million donation from philanthropists Judy and Wil Matthews to transform public space underneath the Gardiner Expressway, but so far that generosity stands as an exception, rather than the rule.

That should change.

It's not unreasonable to suggest that the many large corporations who benefit from calling Toronto home should open their wallets to make their home a better place.

For Tory, this rail deck park will test whether he and his Rolodex can bring real value to the mayor's office. Succeed in snagging significant corporate cash and he'll have demonstrated that his business experience can pay dividends.

Fail and we'll be left to wonder if Tory's Rolodex was ever about anything more than hype.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout

MANAGING EDITOR TORONTO
Angela Mullins

ADVERTISER INQUIRIES
adinfotoronto@metronews.ca
General phone 416-486-4900

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

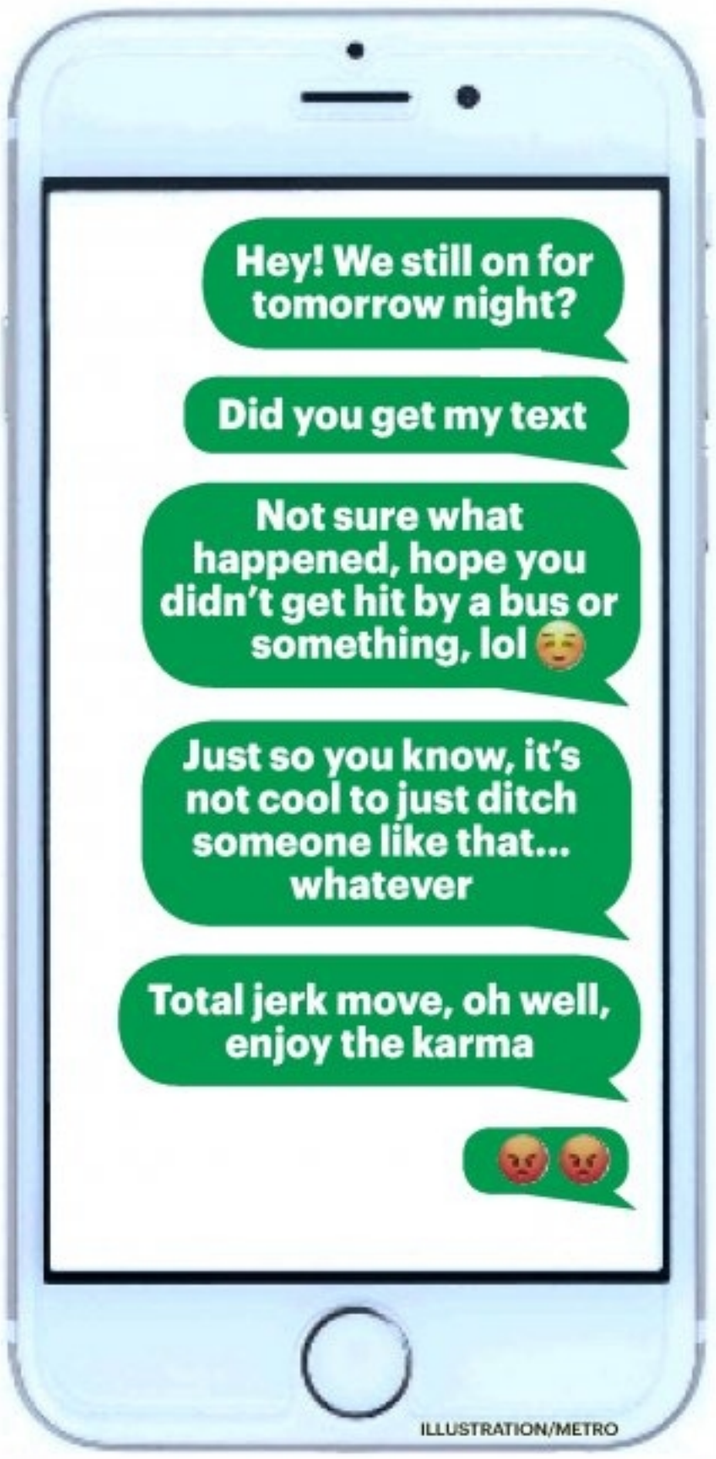
Philosopher cat now at www.mymetrostore.ca

metro LIFE

Your essential daily news

Stephen Colbert to host a live, one-hour election night special on Showtime on Nov. 8

The scariest part of dating


Hey! We still on for tomorrow night?
Did you get my text
Not sure what happened, hope you didn't get hit by a bus or something, lol
Just so you know, it's not cool to just ditch someone like that... whatever
Total jerk move, oh well, enjoy the karma

ILLUSTRATION/METRO

RELATIONSHIPS

Everyone in the modern dating era is afraid of ghosts

Sofi Papamarko
For Torstar News Service

Social media specialist Terra Loire in Toronto has been a dating ghostee, where the other person just disappears or fades away. TORSTAR NEWS SERVICE

You may not believe in ghosts, but they assuredly walk among us.

The ghosts I'm talking about don't trudge around the attic in heavy chains or send your grandmother's fine bone china flying across the room, however. These ghosts are a little more ordinary. You've probably even encountered one. The dating world is full of ghosts.

Ghosting is the scarily common dating practice where the person you're seeing disappears from your life without warning or explanation. They simply stop responding to your calls, texts and emails.

One day, you're sharing a root beer float and petting cute dogs in the park. The next day, poof! They're gone. Vanished, like a ghost.

A few months ago, social media expert Terra Loire, 26, met someone on dating app Tinder. Everything was great, at first.

"We went out a few times — just casual dates like brunch and drinks. (We talked) about life and bonded over our cats. He would text me all the time and was very thoughtful. He drove the emotional part of the relationship by being very forward with his feelings for me, which I appreciated."

After a few weeks of schedules not aligning, they finally agreed on another date. He cancelled the day of, stating he was "tired." He was genuinely apologetic and promised to set up a date for the following week. She never heard from him again.

"Ghosting is frustrating," Loire says. "Especially when I work very hard to be honest and allow the other person opportunities to express their interest or disinterest in healthy ways. That should eliminate the need to ghost in the first place."

Ghosting is a cowardly and disrespectful move, to be sure, but in a world where we're accustomed to ending relationships with the literal push of a button (defriending, unfollowing, blocking), it makes sense. Ghosting is an easy and non-confrontational way to get out of something that's not working for you.

For the ghostee, it can be confusing, enraging and can even instill actual panic — did something happen to this person? Were they in an accident? Are they OK?

A friend recently asked me to check up on another friend of mine on social media to ensure he wasn't dead. He had told her he would call her soon to plan another date and she never heard from him again. According to recent Facebook photos of him drinking with friends, he was alive and well. He had simply ghosted.

Playwright Graham Isador, 27, has been both ghoster and ghostee.

After meeting an interesting and beautiful woman in another city, they kept in touch. It became clear to Isador after a return visit that they had very different expectations of the relationship.

Back in Toronto, he took longer to respond to her texts and was always "busy" when the phone rang. "I didn't handle that thing well," Isador admits. "I avoided conflict. I let things drift in that 'what happened' scenario that is intensely frustrating. When you don't know what happened, it's hard to get closure.

"I was trying to think of a comparison and the best thing I came up with is: pulling the band-aid off. Pulling it off quickly is going to hurt a bit. But if the alternative is leaving it on until the band-aid grows gross and dirty and eventually falls off on its own? It's pretty clear what to choose. I owe that girl an apology, but I think it is too late to get in touch now."

Isador likely won't make the same mistake twice, considering what followed.

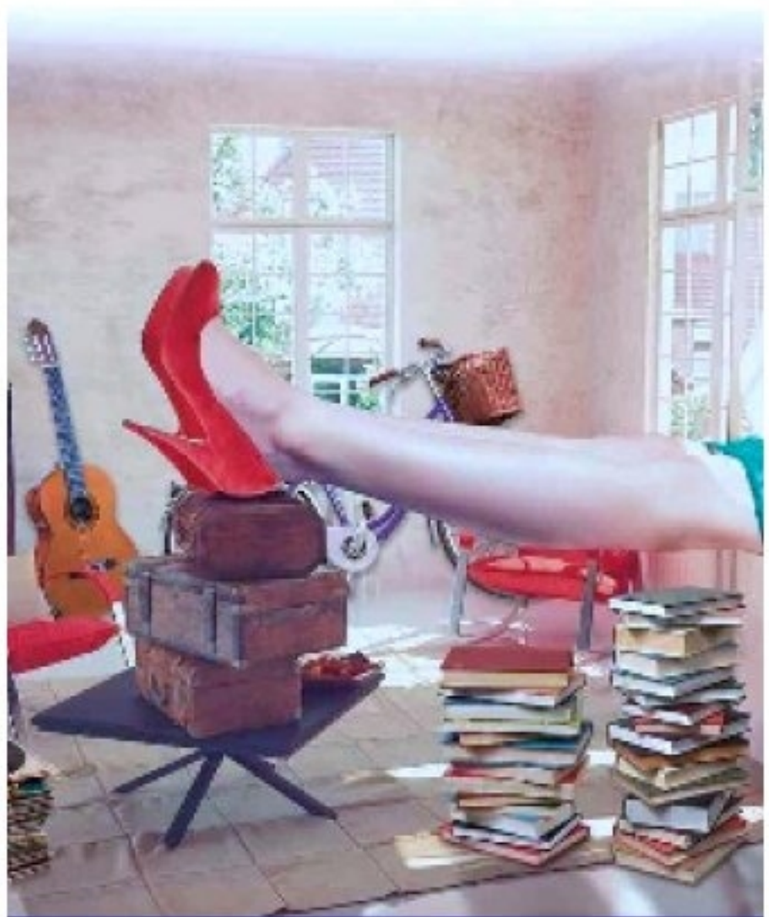
"The next girl I got involved with ended up ghosting on me. So, you know, enjoy the schadenfreude."

REAL BACON FROM PORK RAISED WITHOUT ANTIBIOTICS.
THE PURO PROMISE
RAISED WITHOUT THE USE OF ANTIBIOTICS
MADE FROM CANADIAN PORK
ORDER WITH THE APP
ORDER ONLINE AT PIZZANOVA.COM
WITHIN THE GTA 416 439-0000
OUTSIDE THE GTA 310-33-00
USE LOCAL AREA CODE WHERE NECESSARY
PIZZA NOVA®

Public Storage

publicstorage.ca

Tight on Space?



Get 3 Months @50% Off!*

Call And Reserve

1-877-958-0677

*SOME RESTRICTIONS AND CONDITIONS APPLY

A few things you just can't say to a pregnant woman

Ashley Greer, a mom-to-be who is only two weeks away from delivering, says commenting on an expectant mother's size is a big no-no. But that's just the tip of the rudeness iceberg when it comes to pregnancy etiquette, experts say. TORSTAR NEWS SERVICE

ADVICE

Etiquette experts on what to say to those expecting

You waddle. You're so big. You're not big enough.

The list of rude comments people have made to Ashley Greer during her three pregnancies is long. "Never ever comment on (a pregnant woman's) size," says the Stoney Creek, Ont., resident, who's expecting her son Wyatt within weeks.

But when it comes to pregnancy etiquette, pointing out someone's size is just the tip of the rudeness iceberg.

From unexpected belly rubbing to questions about their birthing choices, pregnant moms face etiquette fails most people never have to deal with, leaving many questioning why they're stuck with those awkward moments in the first place. And when people aren't sure what to say or do when it comes to pregnancy, etiquette experts say the resulting rudeness from this common scenario puts undue pressure on moms-to-be.

"Pregnancy isn't easy," says etiquette and protocol consultant Lisa Orr. "It's an important task women play in society. As a community, we owe it to ourselves and these women to give them a little extra kindness."

Giving pregnant women a seat on public transit is one example of extra kindness, and it's a big focus in South Korea. In Seoul, you'll find pink seats designated for moms-to-be on public transportation, and in Busan, the city is testing out a wireless sensor device to alert transit riders that the person carrying the device has a baby on the way.

What's trickier to combat are the prying questions and insensitive judgments many moms face.

Tamara Robbins Griffith, a Toronto mother of two, faced a barrage of questions when she opted for a vaginal birth the second time around after having a Caesarian section for her first baby. Some people questioned why she'd want to do that, citing the possible complications. "I think it's rude when people make you feel like you're putting your unborn child at risk," she says.

Toronto mom Shana Tilbrook also recalls one weird experience at a party while she was pregnant. Someone asked to touch her belly, and she agreed. "He then stuck his face right up against my belly and started talking enthusiastically to my unborn baby for about a minute," she says. "It made me feel very awkward."

Another time, someone saw her from the back, and asked, "Are you sure you aren't having twins? You look like you are."

"You wouldn't comment on a non-pregnant woman's body, so why does that change when someone is pregnant?" Tilbrook continues. "You wouldn't touch someone's belly who isn't pregnant, (so) why touch the belly of someone who is?"

It's even more difficult when a pregnancy ends in loss. During her first two pregnancies, Greer had stillborn twin boys and a stillborn daughter, which prompted strange and awkward questions from friends and family: Was it something you did? Why do you talk about "them"? Since you won't be using your baby clothes, can I give them to my daughter?

"For someone who has experienced loss before — help the parents remember their lost (child or children), not forget them," Greer says. "Understand that this pregnancy may not be fun and exciting, but stressful and scary."

With so many women facing this stuff, it's time for a reality check. We asked local etiquette gurus — including Orr, Louise Fox, owner of the Etiquette Ladies, and Torstar's etiquette expert Karen Cleveland — for their advice on the dos and don'ts of pregnancy politeness.

Don'ts

• Don't touch her belly. It might be tempting to reach out and rub a pregnant woman's belly, but this rule is simple: Don't do it. "Any kind of uninvited touching is inappropriate, whether it's your best friend or some stranger," says Fox. Even asking to touch someone can be awkward, so it's best to wait for a mom to offer.

• Don't offer unsolicited advice. "Don't tell her how amazing or awful your birth was. Or whether she should have a midwife, a doula, be in a hospital or go hug a tree," says Cleveland. "Truly: it's not your business."

• Don't comment on her size. Whether it's her body size or the shape of her baby bump, just zip your lips, according to Orr. "It's going to land in a negative way, and you're making a lot of judgments."

• Don't ask when she's due. One of the biggest mistakes you can make is asking someone's due date, says Fox. "But maybe they're not due," she says. "Maybe they're just a large person, or they put on weight, or they already had the baby." It's a recipe for awkwardness at best — and being totally insensitive and offensive at worst — so just avoid asking in the first place.

Dos

• Do give up your seat. Offering pregnant women a seat on public transit is both a polite gesture and a bylaw, says etiquette and protocol consultant Lisa Orr. And that means speaking up and encouraging people to offer a seat even if you're standing.

• Do offer to help. If someone close to you says they're having a baby, offer to help, be it giving them a ride if needed or babysitting when the bundle of joy arrives, suggests Fox.

• Do take cues from the mom. "If she's not taking the conversation too deep or intimate a place, follow her lead," says Cleveland. And if you're not sure what to say, keep it simple. "(Tell) the beautiful mom-to-be how awesome she looks and wish her the best of luck."

TORSTAR NEWS SERVICE

‘Big Food Inc.’ latest target for chefs

HEALTH

Tapping into millennial distrust of the food system

Melita Kuburas
Metro | Canada

Even professional chefs are sometimes baffled by our food production and distribution system.

“Why is a banana cheaper than an apple?” wonders Chuck Hughes, owner of Garde Manger and Le Bremner restaurants in Old Montreal, in an interview about his visit to a family-run canola farm in Saskatchewan this summer.

“An apple comes from my backyard and a banana doesn’t. There’s all these questions I don’t necessarily have the answers for,” adds Hughes, who this year has focused on sustainability through side projects like running a kitchen at Osheaga music festival where the theme was “buy less, waste less” and rock stars were served food in compostable containers.

Home cooks pushing a cart through aisles of their local grocery store can likely relate to Hughes’ confusion, as despite having more information than ever about our nutrition and the eco-footprint of the food system, it’s also more difficult to cut through the crap.

A study this past spring by the Canadian Centre for Food Integrity found 22 per cent of millennials said they thought the Canadian food system was headed down the “wrong track” when it comes to food safety, nutrition, the environment and animal welfare. This cohort had the highest distrust of the food industry compared to other demographics.

An Ipsos poll from January declared a new breed of decision-makers was emerging, the “young educated millennial moms” who have more spending power and want to buy fewer processed foods. One in four Canadians was motivated to buy a food or beverage with simpler and fewer ingredients, double that of a year ago, according to the poll.

Hughes suggests consumers take brands to task if they aren’t following sustainability or nutritional guidelines in their ingredients list by writing to the companies and voting with their wallet. He also recommends taking an occasional trip to a farm, like he did with Hellmann’s to a canola field with “yellow flowers as far as the eye can see.” Those flowers are edible, as are their seeds (similar to mustard seeds), he learned, while playing a seed matching game with local children.

“We got to really see the whole process,” he says.

A back-to-basics theme is also evident in Real Food, Real Good, a book by Chopped Canada judge Michael Smith released last month. He says the topic has been a long time coming. “It really dates back 14 years when my son was born and I had a real epiphany about my true understanding of food,” he says. “I find myself at a point in my life where I’ve just lost patience. I’ve lost tolerance for beating around the bush. We have a flawed food system.”

The cookbook outlines ingredients to avoid, calling out marketing buzzwords like “natural” and “free-range,” and warns shoppers to be aware of “fabricated flavours” such as that of sugary breakfast cereals, margarine and bacon bits, for example.

Smith says his aim with the book is twofold: Show amateur cooks who now have a bit of momentum that great cooking doesn’t have to be complicated, and to call out what he refers to as “Big Food Inc.” for promoting unhealthy eating habits.

“Big Food Inc. is this horrendously pervasive idea that we have in this culture that processed food is actually an OK option, whether it’s now and then or every single day. It’s not OK,” he says.

To really hear Smith’s passion come through, just mention cauliflower.

Last year the vegetable made front-page news (including in this newspaper) when prices rose to $8 a head thanks to a low dollar and a drought in California that affected supply.

“It shouldn’t have been covered,” shouts Smith. “It’s ridiculous bull—. It wasn’t a story. Big freakin’ deal, cauliflower is expensive in the middle of winter. Really? What, is it a slow news week?”

What is upsetting to him is the promotion of the idea that healthy food is expensive.

“Food is less expensive now than ever before in the history of mankind. We spend less money on food than any culture in the history of the world, and yet we have food media and mainstream media that allows this pervasive belief that food is expensive. They are doing a disservice to Canadians.”

Chef Chuck Hughes visited a Saskatchewan canola farm to learn more about where food comes from. CONTRIBUTED

Chef Michael Smith’s new cookbook, Real Food, Real Good, is a back-to-basics takedown of what he calls ‘Big Food Inc.’ TORSTAR

JOHANNA SCHNELLER WHAT I’M WATCHING

If only Melania Trump channelled Queen Bey

In satire at its finest, the women of SNL portrayed Donald Trump’s female posse in a spoof of Beyoncé’s Sorry video (from Lemonade). CONTRIBUTED

THE SHOW: Saturday Night Live, Oct. 15 (NBC/Global/YouTube)
THE MOMENT: “Melanianade”

In a dead-on, black-and-white spoof of Beyoncé’s Sorry video (from Lemonade), the women of SNL portray Donald Trump’s female posse: wife Melania (Cecily Strong), daughters Ivanka (Emily Blunt) and Tiffany (Vanessa Bayer), campaign manager Kellyanne Conway (Kate McKinnon), and Apprentice star Omarosa (Sasheer Zamata).

Decked out in hair extensions, bejeweled leotards, furs, fishnets and French manicures, they ride in a limo, recline in Trump Tower-like rooms, and take a baseball bat to a TV screen bearing Trump’s face (Alec Baldwin), while singing lines like, “I’m tired of thinking ‘bout you” and “Watch out, we’re about to walk out.”

“Without us you wouldn’t be standing there/You’d just be that guy with the weird hair,” Melania sings, then adds, “I wrote that all by myself.”

The others roll their eyes.

SNL always ups its game in election season, and this year they have an embarrassment of riches.

But this video is satire at its pinnacle. It combines an astute observation (The women in Trump’s life act as a Fembot army to defend and humanize him) with a still-breaking news story (allegations of Trump’s serial sexual abuse of women) and a cultural touchstone about another wronged woman (Lemonade) to point to the truth about this campaign: It’s about women.

Abused women are speaking up and turning the tide. Women will decide this election. A woman could (will!) lead the U.S., and by extension, the world.

And SNL has the female cast, arguably its best ever, to make comedy that is pointed, necessary and certain to be legendary.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Anthony Rizzo and Addison Russell, the Cubs duo that totalled 204 regular-season RBIs, are a combined 2 for 45 through six playoff games

Bloody frustrating

ALCS

Jays now up against wall in Tuesday's do-or-die Game 4

Mike Napoli homered and drove in two runs and Cleveland survived a bizarre, bloody pitching cameo by Indians starter Trevor Bauer to defeat Toronto 4-2 Monday night, burying the Blue Jays in an 0-3 hole in the American League Championship Series.

It was more of the same for the Jays, their bats rendered near useless by Cleveland pitching. Toronto has scored just three runs in three games against the Indians, who have done just enough offensively to win.

GAME 3 In Toronto

4	2

Star reliever Andrew Miller, who had struck out 10 of the 12 Jays he faced in the first two games, came on with four outs remaining. He got a strikeout to end the eighth but gave up a single to pinch-hitter Dioner Navarro to open the ninth.

Miller struck out Kevin Pillar and Melvin Upton Jr. and Darwin Barney grounded out to extinguish the rally.

Napoli, who came in the game mired in an 0-for-25 drought against right-handers, homered and doubled. Jason Kipnis also had a solo homer for the Indians.

Michael Saunders homered for Toronto, which is now in do-or-die mode for the rest of the best-of-seven series. Both teams had seven hits.

Cleveland pulled ahead 4-2 with two runs in the sixth. The Jays have yet to lead in the series.

Bauer, playing with 10 stitches in his right pitching pinky after a freak drone repair accident last Thursday, lasted just two outs and 21 pitches. Blood was dripping from his unbandaged finger like a faucet when umpire Brian Gorman walked out to the mound and summoned Indians manager Terry Francona for a pitcher who wasn't leaking red.

Even before the game, Bauer's finger looked like someone had taken a razor-sharp ice-cream scoop to it. But the 25-year-old seemed unfazed.

Bauer had a strikeout, walk, flyout and walk before making his bloody exit. He only managed nine strikes.

Game 4 goes Tuesday at 4 p.m. ET with Toronto's Aaron Sanchez against Indians ace Corey Kluber, pitching on three days rest.

THE CANADIAN PRESS

Jays right-fielder Jose Bautista misplays a Mike Napoli RBI double in the first inning of Game 3 of the ALCS on Monday night in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

LOGO CONTROVERSY

U.S. fans surprised by snafu

Cleveland fans in Toronto for Monday's playoff game against the Blue Jays said the team's nickname and logo are not offensive and should not be changed.

Sarah Johnston said the team's moniker has been the same "forever" and isn't an issue in Cleveland.

"I honestly haven't heard a thing about it until I came to Canada," she said.

The controversy made its way to an Ontario court before Monday's Game 3 in the American League Championship Series.

An indigenous activist sought to have a court ban the use of Cleveland's full name and its logo.

An Ontario judge ruled the team would be able to use the name and logo.

Douglas Cardinal, the man who filed the legal challenge, completely disagrees.

"I hope that, one day, the Cleveland team's ownership will realize that its racist name and logo has got to go — entirely," he said in a statement.

Yet several other Cleveland fans shared Johnston's feelings outside the Rogers Centre on Monday.

"There just isn't much controversy about it in Cleveland," said Thompson, who drove up from Ohio for the game. "This is the first I'm hearing about it."

About two dozen Cleveland fans approached by The Canadian Press did not want to talk about the controversy.

THE CANADIAN PRESS

TORONTO STAR TOUCH
TORONTO STAR
SAME COVERAGE
MORE TO EXPERIENCE
Discover more of what the Star uncovers with extra photos, video and links to related web features.
DESIGNED FOR TABLETS. FREE EVERY DAY.
App Store
Google Play

Auston Matthews shone the Leafs' season opener in Ottawa before fellow rookie Mitch Marner, pictured, turned heads with a pretty open-ice goal in Saturday night's 4-1 win against the Bruins. CLAUS ANDERSEN/GETTY IMAGES

Managing young-gun hype

NHL

Focus on team not individuals helping Leafs, says Kadri

The Maple Leafs, like most teams, are managing the current hype over teenage sensations in the NHL with a steady, somewhat old-school hand.

For instance, they staged a wonderful home opener Saturday, rooted in a celebration of their 100th season and featuring a number-retirement ceremony that honoured some of the franchise's greats (most of whom starred in the 1960s and '70s).

But, parting from tradition, the Leafs didn't introduce each current player individually before the game began. Instead, the entire roster assembled at centre ice and acknowledged the fan base with a stick wave as a group.

"I just wanted to get the game going, so I was happy with that," said Leafs centre Nazem Kadri, among the veterans at age 26.

"I liked the concept. We're a team and we are playing for the team. . . . We're playing for the name on the front of the jersey, not on the back."

> **We're playing for the name on the front of the jersey, not the back.**
> Nazem Kadri

The dominant theme so far for the Leafs, after just two games, is the energy delivered by their young players and the promise that they embody.

Top draft pick Auston Matthews didn't have to wait long to be recognized league-wide. The 19-year-old's four-goal performance in the season opener against the Senators led to a second-star selection by the NHL on Monday.

Matthews and the Leafs will practise in Toronto on Tuesday, then charter out to Winnipeg for a Wednesday night game that pits Matthews, the No. 1 pick in June, against the Jets' Patrik Laine, drafted No. 2.

Kadri, like any fan of the game, is looking forward to that matchup — but cautioned against over-hyping the encounter. "Ah, that's more you guys (media)," Kadri said, smiling. "It's Toronto vs. Winnipeg. They are amazing young players. They were drafted 1-2, but what it comes down to is, we're two teams playing each other and we need the two points."

Kadri, now in his seventh NHL season, entered the NHL with hype similar to the level Matthews and teammate Mitch Marner are generating.

TORSTAR NEWS SERVICE

THREE STARS

Edmonton's Connor McDavid, Toronto rookie forward Auston Matthews and Florida goaltender Roberto Luongo have been named the three stars for the opening week of the NHL season.

McDavid took first-star honours after scoring twice and adding an assist in the Oilers' first two games. Matthews was No. 2 after his four-goal debut opener.

THE CANADIAN PRESS

CFL

Argos catch a break as Ray nears return

Finally a little good fortune for Scott Milanovich and the struggling Toronto Argonauts.

Veteran quarterback Ricky Ray practised with the starting offence Monday as Toronto began preparing to face the Calgary Stampeders on Friday night.

Ray comes off the six-game injured list this week just in time, as Drew Willy is ailing with an injury to his throwing shoulder that flared up in Toronto's 29-11 loss to Saskatchewan on Saturday.

Ricky Ray
GETTY IMAGES

Milanovich said Willy had an injury to his throwing shoulder prior to Toronto's 48-20 home loss to Calgary on Oct. 10, but "it didn't affect his ability to play."

"Unknown to me he re-injured it a little bit . . . so he's going to be down this week. I think he'll be on the one-game (injured list)."

THE CANADIAN PRESS

IN BRIEF

Injured Roethlisberger set to miss Patriots test

The cartilage in Ben Roethlisberger's aching left knee is repaired.

And while the Pittsburgh Steelers are optimistic their franchise pivot will return sooner rather than later after tweaking the knee during Sunday's loss in Miami, the odds of Roethlisberger being ready for a visit from the New England Patriots is remote. Roethlisberger was rested at home Monday after undergoing surgery.

THE ASSOCIATED PRESS

United keep in-form Reds' attack at bay in 0-0 draw

Manchester United blunted Liverpool's prolific attack as England's two most illustrious teams toughed out a 0-0 draw in the Premier League on Monday.

United manager Jose Mourinho's tactics of containment worked well at Anfield. David de Gea in was fine form, with the Spain goalkeeper producing excellent saves to deny Emre Can and Philippe Coutinho in the second half.

THE ASSOCIATED PRESS

SPEED SKATING

Morrison returns to ice after stroke

The words "you don't have to come back and see me ever again" from his neurologist was Denny Morrison's green light to get back to what he loves.

Less than six months after suffering a stroke, the owner of four Olympic speedskating medals is back racing.

Morrison didn't start pushing his heart rate to the maximum until last month, but he put down the fastest 3,000 metres of his life on Sept. 30.

The 31-year-old from Fort St. John, B.C., will race the 1,000 and 1,500 metres — in which he won Olympic silver and bronze respectively in 2014 — at this week's national team trials in Calgary. The trials determines Canada's team for the first four World Cups this season.

Morrison was buoyed by Monday's training session. He saw progress in his starts and accelerations, which were elements he wasn't even allowed to train until recently.

THE CANADIAN PRESS

metro | Spiritualist Forum To advertise contact Ian March at 416-443-4388

SPIRITUALIST OMAR
Very Powerful Spiritualist, Medium and Healer with a Special Gifted Power to:
• Reunite loved ones, marriage and family.
• Help Prevent Divorce & Break up
• Good luck in finding lasting soul mates.
• Help with Serious Court cases.
• Lucky charm for individuals and business.
• Helps with children and family problems.
• Protection against enemies and evil spirits.
• Helps relieve negative energy.
Thank you Omar for bringing my boyfriend back to my life. We are in a much better place now...we no longer argue and he is very sweet and kind to me. - LISA
CONFIDENTIAL 100% Payment after results guaranteed 647-707-2315

No. #1 ETOBICOKE PSYCHIC, ASTROLOGER & READER
Pandit: GURU RAGHVENDRA
EVERYBODY HAS PROBLEMS IN LIFE BUT, DON'T WORRY MASTER HAS SOLUTIONS FOR ALL
Expert Palm & Face Reading and Date of Birth
HEALTH, COURT, LOVE, CHILDREN MISTAKE, MONEY, JOB BUSINESS, EDUCATION, DEPRESSION, ENEMY, JEALOUSY, SEXUAL, HEALTH, PERSONAL MATTER MARRIAGE ETC
Removes Black Magic, Jadoo, Vodoo, Witchcraft, Obeya, Evil Spirits & Provides Lifelong Protection
TAKE RIGHT DECISION AT RIGHT TIME
647-646-9746
1148 Albion Rd, UNIT 1, Etobicoke ON M9V 1A8, Next to INDAR'S ROTI , WEST PLAZA, ALBION & ISLINGTON

Scarborough Famous Astrologer & Psychic
100% GUARANTEE Pandit: TULASI 100% SUCCESS
MASTER SOLVES PROBLEMS LIKE:
Divorce, Court, Work, Husband-Wife, Children, Business, Finance, Drinking, Health, Family, Lottery, Success, Job, Bad Luck, Depression
Removes Black Magic, Jadoo, Vodoo & Gives 100% Protection
647-919-3644
639 Markham Rd, Scarborough ON M1H 2A4
Inside BOLLYWOOD 4 U, Next to SHOPPERS DRUG MART (MARKHAM & LAWRENCE)

KALBHAIRAVA FAMOUS ASTROLOGEY CENTER
Pandit: SHIVA BABA
36 Yrs Experienced Guruji
Guruji Performs Powerful Kalimata & Durga Mata Prayers for Strong and Positive Solutions
100% GUARANTEE ALL RELIGIONS WELCOMED
Past, Present & Future, Solves Problem: Sickness Work, Marriage, Court, Enemy, Black Magic Etc
CALL FOR 1 FREE QUESTION
647-622-0554
3005 Islington Ave, Unit #1B, North York ON M9L 2K9 (Between Steeles & Finch)
Intersection - Islington Ave & Millwick Dr.

JANE & LAWRENCE # NO. 1 ASTROLOGER
GUARANTEE, 100% SATISFATION
MASTER JAI DEVA GURUJI
Generation to Generation
BORN TO SERVE PEOPLE
Helps in Health, Depression, Job, Love, Marriage, Husband-wife Divorce, Enemy, Jealousy, Children
CALL MASTER
Removes Black Magic, Evil spirits, Jadoo & Gives 100% Protection
647-669-1729
1672 Jane St. Toronto Call for 1 FREE QUESTION
(Jane & Lawrence) Opposite NO FRILLS

metro
THE HANDY POCKET VERSION!
Get the news as it happens
Download the Metro News App today at metronews.ca/mobile

FINANCIAL

GET OUT OF DEBT!
CALL THE
Licensed Debt Professionals™
- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

DAVID SKLAR, CPA, CIRP, LIT
Free Consultation 310-9200
DAVID SKLAR & ASSOCIATES INC.
Proposal Administrators • Financial Counsellors • Licensed Insolvency Trustee
HEAD OFFICE: 245 Fairview Mall Drive, Suite 720, Toronto, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON
www.DavidSklar.com

STEVEWELKER.CA
DEBT RELIEF WHEN YOU CAN'T REPAY

Free Advice 647-793-6411
CAN YOU REPAY YOUR DEBT ON YOUR OWN?
IF NOT, OUR SERVICES
- Stop: Collection Calls, Interest, Lawsuits & Garnishments
- Reduce Your Debt & Stress
- Don't Require Money Up-Front
- Consolidate Your Debt
- Bankruptcy Is Always The Last Resort

MAIN OFFICE: 1969 WESTON ROAD
Walker and Company Inc. Licensed Insolvency Trustees
647-793-6411
Barrie | Brampton | Burlington | Downtown | Etobicoke | Markham | Mississauga | North York | Scarborough | Whitby

shed the debt®
for pennies on the dollar
credit cards • tax arrears • student loans
wage and bank garnishments

call 1-855-541-5114
for fast friendly debt relief anywhere in Ontario
free meeting, no obligation
evening and Saturday appointments
Goldhar®
www.shedthedebt.ca
Goldhar & Associates Ltd. Licensed Insolvency Trustee

STOP COLLECTION CALLS
GET DEBT RELIEF NOW!
CALL ERIKA
(LICENSED DEBT EXPERT)
Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.
1-877-332-8416
416-288-8048
Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)
Rusinek & Associates Inc Licensed Insolvency Trustee www.rusinek.ca

UP TO $1000 Loan
No credit checks
Paid over 3 to 5 months
No documents to return
Instant approval
1-800-NEW-CREDIT (639-2733)
Brokers Lamina

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
Mortgage Genie
www.mortgagegenie.org
416-667-9834

EMPLOYMENT

OPEN HOUSE
DNA STAFFING
180 Duncan Mill Road, 3rd Floor
WEEKLY Tue. Wed. Thur.
9am to 4pm
Customer Centre - Inbound & Outbound
Contact Customer Service / Collection
$12 - $15 + Incentives
Bring Resume + Photo ID
Get hired on the SPOT

EDUCATION

One Bursary, Two Qualifications

- Paralegal + Immigration Consultant
- Paralegal + Law Clerk

Ask about our $2000 Bursary
647.503.5254
AOLTORONTO.COM
Financial Assistance May Be Available To Those Who Qualify

EMPLOYMENT

Team Leads and Face-to-Face Reps
We are looking for Full-Time and Part-Time face-to-face reps who are highly organized, self- motivated, eager to learn, and have a positive and professional attitude along with great communication skills.
Positions available in both Team Leads and face-to-face reps with opportunities in advancement.
Please email your resume and/or information to info@globalambit.ca or call 905-995-2723 for more information.

$750 Loan and more
No credit check
Open 7 days from 8 to 8 (EST)
1-855-527-4368
credit700.ca
Call us or apply online
www.credit700.ca

REAL ESTATE LAW

REAL ESTATE LAW OFFICE
Closing legal fee $499
+ disbursements
Call 905-212-9880 or 416-399-7602

MORTGAGE APPROVED!
- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-913-9593
WWW.HOMELANDMORTGAGE.ORG
License # 11951

NEW
Intra Oral Level I & II
Dental Assistant

ANDERSON COLLEGE OF HEALTH, BUSINESS AND TECHNOLOGY
YOUR TRAINING, YOUR CAREER, YOUR FUTURE.
North York: 647.360.7290
Downtown: 647.691.0922
ANDERSONCOLLEGE.COM

RECIPE Roasted Cauliflower Tacos

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Crunch, spice and snap make these cauliflower tacos a delicious and easy answer to a weeknight dinner.

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 1 head cauliflower
- 2 Tbsp olive oil
- 1 1/2 cup panko or breadcrumbs
- 1 tsp chili powder
- 1/2 tsp cumin
- salt and pepper
- 1 avocado
- 1/4 cup sour cream
- 1 lime, juiced
- salt and pepper
- 6 to 8 tortillas
- extras like crumbled queso or feta cheese, cabbage slaw

Directions

1. Chop cauliflower into-small florets. In a large bowl, toss with olive oil.

2. On a large, flat plate mix panko, spices and a bit of salt and pepper together. Toss florets in the panko mix until t coated. Spread evenly on a baking sheet and pop in the oven for 25 to 30 minutes, until the cauli is golden and tender.

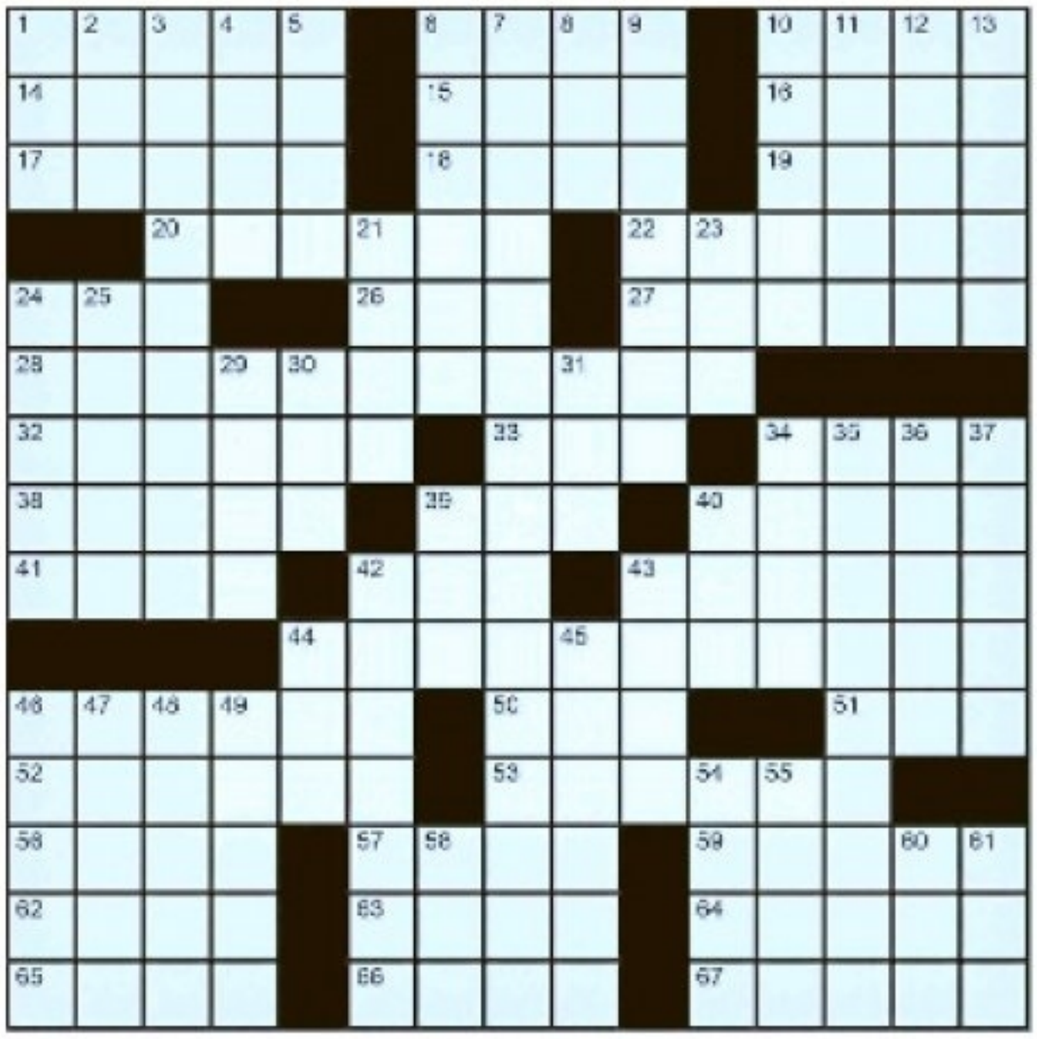
3. Meanwhile, combine avocado with sour cream and lime juice. Mash with fork and combine until you have a smooth consistency. Taste and add salt and pepper.

4. Prep all of your extras and warm up the tortillas. Spread a good dollop of avocado on each tortillas. Place a handful of the baked cauli on top, then load on your toppings.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Montreal borough
6. Takes to the stage in a way
10. Taxis
14. The other 'Stooge'
15. __ of paint
16. Friendly nation
17. As, in code
18. Tip-top
19. Tartan-wearing bunch
20. French composer Cesar
22. Floating, as lily pads on the water's surface
24. Highest playing card
26. I + II's sum
27. Settle the deal
28. Montreal-based hair care company
32. Guarantee
33. 4 qts.
34. Commissioner Gordon's li'l force
38. Author's idea
39. Diving bird
40. Cow, when making its familiar cow noise
41. Without
42. Fragment
43. Incumbency
44. Stand-up/improv/sketch venue in downtown Montreal
46. 1984 Kim Mitchell album: '__ Alogo'
50. Frostiness
51. Mr. Cobb, and others
52. Reveal the imposter's identity
53. Unwavering
56. Spaces
57. Give off
59. Like Romaine lettuce
62. Pre-day nights
63. Court plea, __ contendere
64. Country icon Mr. Haggard
65. Depend on
66. Univ. treatise
67. Supplement: 2 wds.

DOWN
1. Snug __ _ bug
2. Vancouver Canucks org.
3. Big avenue in Winnipeg
4. Mr. Epps
5. _-_-daisy!
6. Giraffes like munching on this tree
7. Spatulas and tongs: 2 wds.
8. Beige
9. Painter's pattern producer
10. Some succulents
11. 'A' of E.A.P.
12. Cartoons voicer Mel
13. New Wave instr.
21. Gracious
23. "__ in the Family"
24. Accumulate
25. __ del Sol (Region of Spain)
29. Bear: French
30. Weep
31. Home's railing wood
34. "__ __ further." (Don't take another step)
35. Palace's posh 'patio' place
36. Upbeat/cheerful
37. Put on an outfit
39. Direct
40. Kitten cry
42. Library shelf support
43. Kind
44. Radio types, e.g.
45. " " and " "
46. Drilled-hole maker
47. Between 10-and-a-Queen fellow
48. Press onward
49. Big amount-ish
54. Soprano Ms. Gluck
55. Good gesture
58. Me: French
60. "Alice" waitress
61. Pine

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You are ambitious today! Whatever you want, you will do anything within your power to get. (Everyone else better step aside!)

Taurus April 21 - May 21
Avoid controversial subjects like politics, religion and racial issues today, because they will quickly degenerate into a nasty argument. People are intense and ruthless today!

Gemini May 22 - June 21
Disputes about shared property and inheritances might be problematic today. Neither party will budge. Caution: You might increase opposition to yourself.

Cancer June 22 - July 23
Be patient with partners and close friends today in order to avoid a conflict. This is the kind of day where people are just downright pushy.

Leo July 24 - Aug. 23
You are prepared to work hard today to get what you want. Nothing will stand in your way, because you will plow ahead regardless of what you encounter. Do not alienate co-workers.

Virgo Aug. 24 - Sept. 23
Romance is passionate today. However, it also can be a bit thoughtless and insensitive. Don't accept treatment that makes you feel bad. You don't deserve this.

Libra Sept. 24 - Oct. 23
To avoid family conflicts today, use your energy to fix up where you live. Make improvements. You especially can make a positive difference in laundry areas and bathrooms.

Scorpio Oct. 24 - Nov. 22
This is a powerful day for those who sell, market, teach, act or write because not only are you persuasive, you are impossible to resist. You will say what you mean and mean what you say!

Sagittarius Nov. 23 - Dec. 21
Disputes about money and possessions are likely today. Try to avoid these if you can, because they will be nasty. Go gently.

Capricorn Dec. 22 - Jan. 20
Take a realistic look in the mirror and ask yourself what you can do to improve your appearance. After all, you never get a second chance to make a first impression.

Aquarius Jan. 21 - Feb. 19
You might be in conflict with a friend today or a member of a group because you don't agree with how things are going. If you are outnumbered, take a step backward.

Pisces
Feb. 20 - March 20
You can use today's energy by working quietly with great purpose behind the scenes, or by working alone. Do not get caught up in the drama of others.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

2	6			4		7		
1					5			
	4			7		5		6
	2	6			3		4	
			1		9			
	3		2			8	5	
5		3		2			9	
			3					5
		8		9			3	1

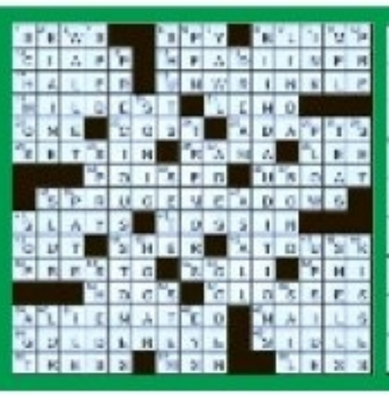
THE HANDY POCKET VERSION!
Get the news as it happens

metro
Download the Metro News App today at metronews.ca/mobile

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



5	8	9	6	2	7	3	4	1
7	3	1	9	5	4	2	8	6
4	2	6	1	8	3	9	7	5
1	4	2	5	6	9	7	3	8
8	6	7	4	3	2	1	5	9
3	9	5	8	7	1	4	6	2
9	7	8	2	4	5	6	1	3
6	1	3	7	9	8	5	2	4
2	5	4	3	1	6	8	9	7

It's like getting FREE WINDOWS AND DOORS for one year[1]

No Money Down, No Payments, No Interest and call before November 6th to

BUY 1 WINDOW OR PATIO DOOR, GET 1 WINDOW OR PATIO DOOR 40% OFF[1]

SELL

BUILD

INSTALL

WARRANTY

Our windows are not available from stores or contractors, and during your FREE in-home Window and Door Diagnosis, **we'll give you a price that's good for one year.**

Don't settle for poor-quality vinyl windows; our window's **Fibrex® material is two times stronger than vinyl.** Fibrex is a wood composite that has the rich, elegant look and feel of finely-crafted wood windows without the maintenance.*

Many of our installers have over 10 years of experience. They are so trained and skilled, **most installations—including the cleanup—are completed in just one day.**

We take responsibility for the entire process, **including warranting the windows, patio doors and installation.*** And because we're the replacement division of Andersen Windows—the company with a 113-year-old reputation for superior window engineering—we're not going anywhere.

NO MONEY DOWN | NO PAYMENTS | NO INTEREST FOR ONE YEAR[1]

Offer available with our Instant Product Rewards at time of initial visit.
Financing provided by third parties and is subject to credit requirements.

Call before November 6th!

BUY 1 WINDOW OR PATIO DOOR, GET 1 WINDOW OR PATIO DOOR

40% OFF[1]

Renewal by Andersen WINDOW REPLACEMENT an Andersen Company

ENERGY STAR PARTNER

NSD

Celebrating 20 years of expanding potential through the life-changing power of Certified Service Dogs!

Call for your FREE Window Diagnosis

1-800-539-8990

renewalbyandersen.ca

[1]Cannot be combined with prior purchases, other offers, or coupons. Offer not available in all areas. 40% discount applied by retailer representative at time of contract execution as part of Instant Rewards Plan which requires purchase during initial visit to qualify. 40% discount applies to lowest priced products. O.A.C. Financing provided by SNAP Home Finance Corp. Offers available at participating stores only. Ask for details. Renewal by Andersen retailers are independently owned and operated retailers, and are neither brokers nor lenders. All financing is provided by third-party lenders unaffiliated with Renewal by Andersen retailers, under terms and conditions arranged directly between the customer and such lender, which are subject to credit requirements. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in financing. Renewal by Andersen of Greater Toronto is an independently owned and operated affiliate. "ENERGY STAR" is a registered trademark of the U.S. Environmental Protection Agency. "Renewal by Andersen" and all other marks where denoted are marks of Andersen Corporation. ©2016 Andersen Corporation. All rights reserved. ©2016 Lead Surge LLC. All rights reserved. *See the Renewal by Andersen 20/2/10 limited warranty for details.